



Apple Coffee Cake

Makes: 20 servings

This coffee cake provides a nice mix of apples, raisins, and pecans.

Ingredients

5 cups apple (tart, cored, peeled, and chopped)

1 cup sugar

1 cup raisins (dark)

1/2 cup pecans (chopped)

1/4 cup vegetable oil

2 teaspoons vanilla

1 egg (beaten)

2 1/2 cups all-purpose flour (sifted)

1 1/2 teaspoons baking soda

2 teaspoons cinnamon (ground)

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	10 mg
Sodium	100 mg
Total Carbohydrate	33 g
Dietary Fiber	1 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Preheat oven to 350°F.
2. Lightly oil a 13x9x2 inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Notes

Learn more about [apples](#).

Source: US Department of Health and Human Services, A Healthier You